



## Grateful Thread – October 2024

<https://www.facebook.com/FromtheHeartStitchers>  
<http://www.fromtheheartstitchers.org>

## Monthly Mentions

Last month was a busy one at the Richmond workshop. From September 2<sup>nd</sup> through September 23<sup>rd</sup>, **2,404 handmade items** were distributed. This does not capture the sorting, counting, sizing and bagging that will occur on September 30<sup>th</sup> which means we will likely have touched around 3,000 lives with our hats, scarves, blankets, shawls, toys, etc. This would never happen without so many dedicated volunteers. **THANK YOU!**



At the same time, we were placing the final touches on the 19<sup>th</sup> Annual Retreat program. Many hours of preparation and, of course, last minute revisions were in motion. This issue does not contain articles or photos regarding the day we enjoyed. But, stay tuned for an inside peek of events and surprises if you were not able to attend. Like the five tables of free yarn, patterns, tools, accessories, etc. that were revealed without introduction. Our guests quickly sensed the goodies with their “free-dar” and devoured everything. It was a “free frenzie” that helped us clean our shelves and storage area at the workshop. One never knows what to expect at our Retreat events. More to come soon!

As we transition from summer to fall, we look forward to seeing more members taking advantage of our social area at the workshop. We are so happy to have many new members join us in person recently bringing their new projects and ideas to share. Where else would you go to meet new friends, find inspiration and enjoy stitching with others of like mind? We are open Tuesday, Wednesday, Thursday and Saturday from 10 am to 2 pm.

Thank you for all that you do for From the Heart and for making the mission of this organization a part of your life's purpose.

## It is an Easy-to-Use and Safe Tool!

Earlier this year, From the Heart switched to a secure electronic system for tracking "ins and outs," replacing paper records. It's been a great tool for the team. Whether using the QR code at home or the shop computer, the system is very secure, with only two authorized FtH members able to access the private database. We know the internet can feel overwhelming, but it also offers useful tools like QR codes and electronic forms.



Here are some tips to safely use QR codes:

- **Check the Source:** Only scan QR codes from trusted places, like official websites or companies.
- **Look for HTTPS:** After scanning, make sure the website starts with "https" to ensure it's secure (like FtH's website).
- **Avoid Unfamiliar Downloads:** Only download apps or files from trusted sources, like official app stores.
- **Keep Your Phone Updated:** Regularly update your phone's security features to stay protected.

In short, QR codes are safe when used carefully and from trusted sources.

## You are Invited to the Fredericksburg Fall Gathering!

Our Fredericksburg Chapter is planning a

### "Fall Gathering"

**When: Wednesday, October 30<sup>th</sup>  
10am-2 pm**

(Come and go, or stay all day)

**Where: Chancellor Community Center  
7300 Old Plank Rd., Fredericksburg, VA**



It will be a half-day of fun and fellowship not to mention lots of new ideas, and of course, plenty of "show and tells." There will be door prizes, too!

Bring your lunch and a beverage, a project to work on, a project or ideas for sharing (optional) and a small donation to cover the cost of the rental. Don't forget your smiles and laughs, too. 😊

Please [sign up](#) to let us know you're planning to come. It helps so we can set up the tables and chairs.

## Soap Sacks – Is Now an On-Going Request You do not need to include bars of soap.

From the Heart is also collecting cotton soap sacks that will be added to hygiene bags and distributed to the local unsheltered population in Central Virginia. The soap sacks can be crocheted or knitted in cotton or a cotton blend, should be approximately 4" x 6" (big enough for a full bar of soap) and should have an attached loop at the top to expedite drying. Patterns to loom, crochet or knit can be found [here](#). A YouTube video for a crochet version with a draw string that is quick can be viewed [here](#).



Thanks to **Kathy A.** from Lititz, PA for sending soap sacks and shawls. We are so happy to have support for out-of-state members for our local projects!

## Items Needed for “Unsheltered” Persons



FtH is collecting *full size or sample size (shampoo, conditioner and deodorant for men and women)* who are “unsheltered” in Chesterfield County. These items, along with other donations being provided by other services, will be used to make “Blessing Bags” (hygiene kits) for those in need. If you would like to provide these specific items, please bring them to our Richmond workshop the next time you drop off your completed projects. We do not have a deadline for this project so please consider it as **an on-going request for the near future**. Thank you for your generosity and for supporting this special project.

## Volunteers Needed to Regularly Wind Yarn into Cakes



Does volunteering at your own pace and on your own schedule sound appealing? Is completing a task at home rather than at the Westbriar shop more doable for you? If yes, this may be the volunteer opportunity you’re looking for. We need 2-3 yarn winders! FTH can provide the winder for you to have at home and instruction if needed. You will need to check the shop routinely and pick up yarn to wind.

If interested please email Betsy Vest at [ftbvest@gmail.com](mailto:ftbvest@gmail.com)

**AND**

## Yarn Cakes are GREAT Cakes!

You'll find many high-quality acrylic yarn cakes available at the shop for your next project. While they may be missing their labels, they come with an easy-to-use center pull, so no need to worry about yarn tangles (yarn barf)! Consider adding a couple of these lonely but lovely yarn cakes to your next selection.



## Don't Get Fleeced

Rebecca Kennedy, FtH Board Member, and leader of a large group of charity sewers, shared a cost savings tip. She and her merry band of seamstresses make fleece blankets, gloves and other projects, that she orders from [www.yourfleece.com](http://www.yourfleece.com). Rebecca advised that she generally orders 50 yards of remnant scrap fleece at a highly discounted price. Although the fabric lengths vary, her group can always make it work. They have never received a length that wasn't usable. The



shortest piece she's received is ½ yard but has received as much as 4 yards in one piece of fabric. If you are shopping for fleece in the near future, you may want to check out the website.



## Quilt Show October 10<sup>th</sup>

Verena at the Glen, located at [10286 Brook Road in Glen Allen](https://www.verenaattheglen.com), will be hosting a quilt show on Thursday, October 10<sup>th</sup> from 2:30 pm to 4:30 pm. If you are interested in participating in the show, please bring one or two of your favorite quilts to be displayed during the show. Can't make it? No worries, you may drop off quilts the day before or the morning of with a description about your items. You can pick up your quilts the day after the show.



For more information or if you have questions, please contact Judy Nguyen, Life Enrichment Director, at [jnguyen@verenaattheglen.com](mailto:jnguyen@verenaattheglen.com) or call 703.362.7217.



### October is Breast Cancer Awareness Month

If you were impressed with the Pink Chair Project presentation [at the Retreat], you may want to stop by the workshop to select “pink fabric” to make drain bags, seatbelt protectors, underarm pillows, and chemo hats!

Let's be prepared to assist the next cancer patient.

“The Material Girls,” **Jane W.** and **Chris R.**



### Want More Help with Your Quilting and Sewing?

#### Next Session is October 17th

**Sheddy R.** has generously agreed to be in the workroom **every 3rd Thursday**, during regular shop hours, 10 am – 2 pm, to answer questions about quilting and sewing. If you need help with your quilting projects, pillowcases, walker totes, bibs, or any sewing issue you might have, please feel free to stop by. Sheddy will even help you choose fabric for your next project from our great selection.

### Charity Sew at All Brands in Richmond

Once a month, From the Heart, in conjunction with All Brands in Richmond, conducts a “charity sew”. A dedicated group of ladies gather to make port pillows, underarm pillows, sleep hats, turbans, walker totes, drain bags, dialysis mitts and a number of other items all from donated fabric.



Karen Holden, with All Brands, sponsors the charity sew for us. FtH Board Member, **Rebecca Kennedy**, is the leader of this outstanding project. Her devoted sewers bring their own sewing or serging machines and enjoy sewing and socializing for a good cause.



Contact the [All Brands Sewing Center](#) for days that we cut and the days that we sew as the days are subject to change. If you're interested, feel free to come join us as we sew to fill the needs in our communities.

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### Pop Tops for Ronald McDonald House

On your next visit to the Richmond workshop, you may notice a collection box for your pop tops from aluminum cans. These are recycled and the [Ronald McDonald House](#) receives 0.50¢ per pound. Save your pop tops at home and bring them when you come to donate your projects.



### Fun Facts about Aluminum Pop Tops:

- Each pound is approximately 1,267 pop tops.
- A gallon size bag of pop tops equates to approximately 2.5 lbs.
- Approximately 63,360 pop tops = 1 mile.
- Aluminum was discovered in the 1820's and is the most abundant metal on earth.
- Aluminum is a durable and sustainable metal. Approximately 2/3 of the aluminum ever produced is in use today.

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*The photo above shows FtH member Marianne W.'s granddaughter with an FtH blanket in December 2022. Thankfully, she is a healthy 21-month-old now!*

### White 36" x 36" Knit or Crocheted Blankets Needed

### So Tiny Babies Can Visit Santa

**Deadline November 23<sup>rd</sup>**

From the Heart received the following request from the Newborn Intensive Care Unit at the Children's Hospital of Richmond. There are a lot of [knit](#) and [crochet](#) patterns on the FtH website, and a knit and crochet



pattern at the end of this newsletter. The deadline for this request is Saturday, November 23<sup>rd</sup>.

*Hello! We would absolutely LOVE to have some **white blankets** from y'all again this year! The larger the blanket the better. [36" x 36" was determined to be the best size] We use the blankets as an "infection control" barrier between the babies and Santa, so to have blankets large enough to keep the babies from touching Santa would be best.*

*Thank you for all you have done for us over the years! We greatly appreciate it! - Katelyn Eutsler, RNC-NIC, Newborn Intensive Care Unit, Children's Hospital of Richmond, VCU Health*



### **The Board of Directors Welcomes Liz Fox**

The FtH Board of Directors elected **Liz Fox** as their newest member. Liz is filling a vacancy left by **Beth Williamson** who resigned in June for medical reasons.

Liz has been an active member of FtH for several years. She is a regular workshop elf and serves on the yarn sorting/yarn shelving team. We are so excited to have Liz and her excellent organizational skills as a volunteer and Board member. You will usually find her cleaning around the workshop, organizing cabinets and regularly updating the whiteboard with current needs. Her handwriting is unmistakable!

Liz is a new grandmother and is planning some upcoming family vacation time. Enjoy yourself, Liz!

### **WELCOME to FtH!**

Thank you **Rosa C.**, for introducing two new members to FtH. Welcome **Roberta D.** and **Jan L.** (photo top right). They are excited to find us and plan to help use our beautiful fabrics to make pillowcases, walker totes, drain bags, and other beautiful comfort items. We are thrilled to have you, ladies!



And, because of **Jan H.** and **Capsen Stephens**, FtH Board Member, we have these two great crafters to join. **Nancy D.** sews and crochets and is so happy to find an outlet for her busy hands. **Cynthia L.** worked the polls with Board Member, Capsen Stephens, and learned about what we do. She loves coming to the workshop and meeting new friends and finding more inspiration. Welcome to both of you!

**Nancy D.** (left, retired nurse) and **Cynthia L.** (right, retired teacher).

Not sure what this little guy's real name is so we just call him "Flat Teddy". Although, his head is not flat. There is a little fiber fill stuffed between the front and back of his head. These are perfect as toys and attached to fiddle items. Very clever. Thanks **Cynthia L.** for the cute idea!



(Photo right) Thank you, **Laura G.**, for the beautiful baby quilts! The embroidery and sewing details are stunning!



(Photo left) Thank you, **Jan H.**, for these outstanding 18 lined duffle bags that you sewed for The Virginia Home for Boys and Girls. And, thanks to all of our members who donated bags for The Virginia Home for Boys and Girls. We have provided so many that no more are needed at this time. And, that's a good thing.

**You did it!**  
**Goal reached! Thank you!!**  
**With winter coming, we will need lots more hats and scarves!**

*Village Bank, a local community bank in central Virginia, is collecting 100 hats and scarves for Communities in Schools Chesterfield.*



### What 'cha Working On?

It's been a minute since we last asked, **“What ‘cha working on?”**  
We love seeing your projects.  
Send a photo of your recent or current projects to [fromtheheartstitchers@gmail.com](mailto:fromtheheartstitchers@gmail.com).  
We will post your pics and hopefully inspire others to get busy, too.  
**There's a prize involved!**



## Jingle Boxes



Trick question; what do you see? Are these adorable little decorated plastic canvas boxes with bells inside for children or are they cell phones?

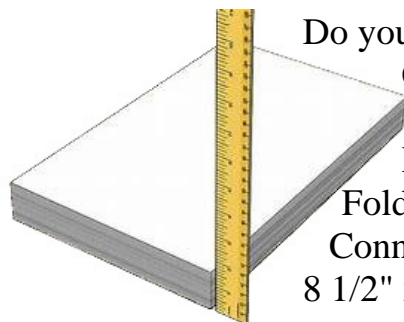
**Judy Knauf**, a darling partner with FtH, delivers to several local facilities and promotes our mission to anyone she meets. She comes every Tuesday to pick up bags for assisted care and memory care facilities as well as other locations. Each week she tells us, "I wish you all could come with me to see the happy faces when these bags are opened."

A few weeks ago she shared a story of a retired emergency room doctor who is now in a memory care facility. He had high blood pressure and high anxiety to the point that the staff was really concerned. One day, he received one of our jingle boxes. He immediately picked it up, put it to his ear and said, "Hello" and began a conversation with his staff and patients at his former hospital. His anxiety decreased and his blood pressure decreased.

These true stories bring new purpose to what we do. Our projects may have one use in our mind but it just may serve better purposes than what we ever thought.

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### Tip of the Month



Do you need to measure your work but don't have a tape measure handy?

Grab a sheet of copy paper! Copy paper measures 8 1/2" x 11".

If you fold it in quarters, you have 4 1/4" x 5 1/2".

Note the 4 1/4" dimension is handy for measuring a gauge swatch.

Fold 4 1/4" x 5 1/2" in half and you get 2 1/8" x 2 3/4".

Connect 2 sheets and you can measure 11" x 2 = 22" and

8 1/2" x 2 = 17" and 11" + 8 1/2" = 19 1/2" and so on.

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### What's Your APP... Fell Flat!

We haven't received any recommendations for knitting or crocheting apps, so I guess I'll stick with my tried-and-true method of counting stitches on scrap paper! The only time this has failed me is when I lose the scrap piece of paper! If anyone discovers a better system, please let us know by emailing [fromtheheartstitchers@gmail.com](mailto:fromtheheartstitchers@gmail.com).

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### For Your Browsing Pleasure

Looking for fall or Halloween crochet patterns? Look at the website [DaisyFarmCrafts.com](http://DaisyFarmCrafts.com). The videos on this site are thorough and give directions for many crochet stitches as well as items. This site also points you to one of my favorite sites, [yarninspirations.com](http://yarninspirations.com), which claims to have a 100,000 patterns for knit and crochet. Anyone thinking of making a blanket either knit or crochet should check there as there are dozens of unique patterns and all for free. For a mixture of items for sale as well as free patterns turn to [hookedonpatterns.com](http://hookedonpatterns.com) for a look see and anytime you are preparing for a special holiday.



### Episode 1: Farming Fiber

If you love wool and want to deepen your understanding of the inner workings of a local production farm and their small-batch yarns, you'll love this video, the first episode in the Yarn Chronicles series.



When I was a child my father took me to his friend's farm and showed me how sheep were shorn and the fleece that came off the sheep. That memory stayed with me and it could possibly be recreated online for children or grandchildren, or your own self-interest by viewing [Farm&FiberKnits.com](http://Farm&FiberKnits.com) in your own home. Happy Columbus Day, October 14<sup>th</sup> and Happy Halloween, October 31st!  
**Janet Sparzak**

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## Thank You!



“Thank you for the generous donations the other day!!!! The community can't get enough...Many did fight over the hand-crafted animals (especially the Octopus). Alliance Family Counseling, September 26, 2024”



“Dear From the Heart Stitchers,  
Thank you so much for the beautiful and very useful wheelchair totes, blankets, and fidgets! These are perfect for fall :-). We are so thankful for your partnership and all your very talented volunteers! Best, Annie K., The Virginia Home, Sept. 6, 2024”



“Thank you so much for the beautiful donations made to PHCC. Together we can change lives, one client at a time. Blessings, Carla, Pregnancy Help Center of Chesterfield, Sept. 5, 2024”



“Hi. I am the Perinatal Loss Coordinator for St. Francis. We have been so blessed by the beautiful outfits and blankets that your group has provided. Our families that have suffered a loss have greatly benefited from these beautiful items. Lisa T., Sept. 3, 2024”



“Thank you, CarMax, for your generous donation of \$1,000, in addition to the time your employees donated in June to help us clear the closet of fixtures. A special thank you to **Debbie Melanson**, FtH Board Member for connecting us with this wonderfully generous corporation!”

### Additional Ways to Help From the Heart



Please consider donating items from the [FtH Amazon Wishlist](#).



FtH members who link their [Kroger Reward Card](#) to FtH can support our organization just by shopping there.



We appreciate the anonymous Amazon Wish List donors for their generous donations of paper towels, cotton batting, the cotton fabric for quilting and the 3 skeins of beautiful Red Heart yarn.



A big shout-out to **Elizabeth G.** for the three 16-inch baby dolls. These are in high demand at our memory care facilities. We will embellish them with blankets, hats and sweaters before they are delivered. She also provided a lovely bundle of cotton fabric for quilting as well as a ream of copy paper.

All donations are **greatly appreciated** and help us manage costs more efficiently. **Thank you!**

### Donation Inventory Numbers As of September 14, 2024

**Previous Total**

Mid 2002 – 2023 ..... **552,659**

**2024**

January – August ..... 28,460

September ..... 1,293

Year to Date Total..... 29,753

**Grand Total.....582,412**



### Two New Recipients



**Laurels of University Park** – Shawls, lapghans, dignity bibs, fiddle items



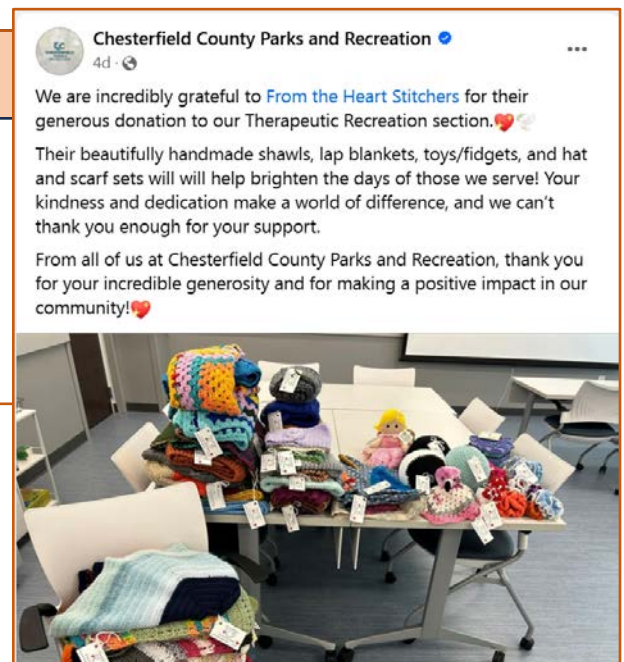
**Chesterfield County Parks & Recreation - Therapeutic Recreation** - Shawls, lapghans, toys/fiddle items, hats, scarves.

### WANTED: New Recipients

We are always searching and vetting new recipients for our comfort items. Our volunteers are ramping up their donations every week and we would love to share with more organizations in need.

Please let us know of any group, organization, church, etc. that you know may be in need of hats, blankets, baby items, shawls, etc. Just email [kulla.ficare@verizon.net](mailto:kulla.ficare@verizon.net) with your suggestions. We will follow up on all suggestions.

Another popular method of sharing the good news of FtH is to follow, like and share our posts on social media: <https://www.facebook.com/FromtheHeartStitchers>. We have many new recipients and volunteers find us based on your support of our Facebook page.



## Elf of the Month



Each month we enter the names of all the elves who volunteered to staff the workshop during that month.

The Elf of the Month for September is

**Randi Saunders!**

Randi, please select some of the nicer yarns that are designated for this purpose.

Thank you for your time and talents!



## Workshop Scheduler for October

The Richmond workshop scheduler for October is Jacqueline Muoio. Please contact Jacqueline at [msjbangles@yahoo.com](mailto:msjbangles@yahoo.com) to volunteer.

In Fredericksburg, the contact is Jeanne Fraser at [bluesisu@gmail.com](mailto:bluesisu@gmail.com). If you are a new volunteer be sure to let your scheduler know and you will be paired with an experienced elf.



**We appreciate our elves who are always so generous with their talent, time, and many contributions.**

## Current Needs – October 2024

### Richmond

- Cotton prints for children's pillowcases – HIGH DEMAND
- Pillowcases for children – HIGH DEMAND
- Sewn, crochet or knit mats to use for fidget mats - HIGH DEMAND
- Fleece blankets for children and adults – 36" x 60"
- Toys & dressed bears– HIGH DEMAND (Plush animals available at workshop)
- Shawls
- Soap sacks – 4" x 6"
- Flannel chemo hats – HIGH DEMAND
- White baby blankets – 36" x 36" or 34" x 34" – HIGH DEMAND
- Pumpkin hats for newborns – HIGH DEMAND
- Walker and wheelchair totes – HIGH DEMAND
- [Ollies](#) – HIGH DEMAND – 50 as toys; use acrylic or cotton – 50 for hospitals; use Hobby Lobby "I Love This Cotton" only
- Dignity bibs – HIGH DEMAND
- Extra-large crochet totes to attach to back of wheelchair – HIGH DEMAND
- Red, white and blue hats, lap blankets and shawls – HIGH DEMAND
- [Knitted knockers](#) – HIGH DEMAND
- Long fingerless mitts for men and women – HIGH DEMAND
- Skylar's Love Mission – Specs for special [demise blankets](#) project

## Fredericksburg

- Blankets of all sizes
- Ladies' walker totes
- Chemo hats
- Snugglers

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## Fredericksburg Workshop

The FXBG workshop is open from 10:00 am to 1:00 pm on the second and fourth Tuesday of October; October 8<sup>th</sup> and 22<sup>nd</sup>. The address is [1320 Central Park Blvd., Suite 108, Fredericksburg, VA 22401](#). Select the link for directions. Please park behind the building. Entry to Suite 108 is from the rear parking lot through the glass double doors marked "Electrical Room". If you only want to drop off items and not enter the workshop, use the front door from the street side. However, parking is very limited there.

Fredericksburg has a need for elves who are willing to help for a 2 or 3-hour shift. If you would like to learn more about volunteering, please contact Jeanne Fraser, Volunteer Elf Coordinator at [bluesisu@gmail.com](mailto:bluesisu@gmail.com)

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## Bring it on Baby Blanket

For Cast on and bind off use size 13 or 15 needles.

Using larger needles will create more relaxed beginning and ending ridges.

For body of blanket, use needles a few sizes larger than suggested on yarn label. I used Lion Brand Pound of Love and size 10 needles.

This is an eleven-stitch pattern repeat.

For infant size blanket cast on (using your larger needle) 100 stitches. You may increase this count in increments of 11 for larger child or adult blanket.

Knit 4 rows of garter stitch (this means knit every row).

Begin pattern: Row 1: Knit 2 together, knit 2 together, yarn over, knit 1, yarn over, knit 1, yarn over, knit 1, yarn over, knit 2 together, knit 2 together (11 stitches used).

Repeat these 11 stitches to the end of the row.

I always place a marker after each set of 11 stitches, moving them when coming to them on every row.

Rows 2,3 and 4: Knit all stitches.

Repeat these 4 rows until blanket measures desired size. Finish blanket by knitting all stitches (garter stitch) for the last 4 rows. Use larger needle to cast off final edge.

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## Crochet Corner-to-Corner V-Stitch Baby Blanket

Starting from one corner, you add 3 chains at the beginning of every row and work a v stitch in this chain space that creates the next row to increase. So, we are increasing by adding 1 V stitch at the end of each row.

And the same logic is used for the c2c decreasing method, we are decreasing 1 V stitch at the end of every row.

Working back and forth like that creates a **reversible fabric!**

## Abbreviations (US)

ch – chain

ss – slip stitch

st – stitch

hdc – half double crochet

V-hdc – [1hdc, ch1, 1hdc] in same stitch

hdc2tog – half double crochet 2 together

PM – place marker

## Notes:

- To make it easier to find the ch3 / ch2 spaces at the end of the row, place a stitch marker when you ch3/ch2 at the beginning of each row. Also, placing a marker in the ch1 spaces will help you find them easier until you get to know the pattern better and where the ch1 spaces usually fall.
- The pattern can be worked as a square or as a rectangle (see instructions in pattern).
- This pattern can be made in any size that you want, it's a great stitch for blankets and washcloths!
- I would love to see your project! You can upload your project to Ravelry [HERE](#).

Gauge (in V stitch): \*\*Gauge is not crucial for this pattern.

Working Rows 1-4 will result in a triangle with 1.5'' (3.8cm) sides.

## Ch4

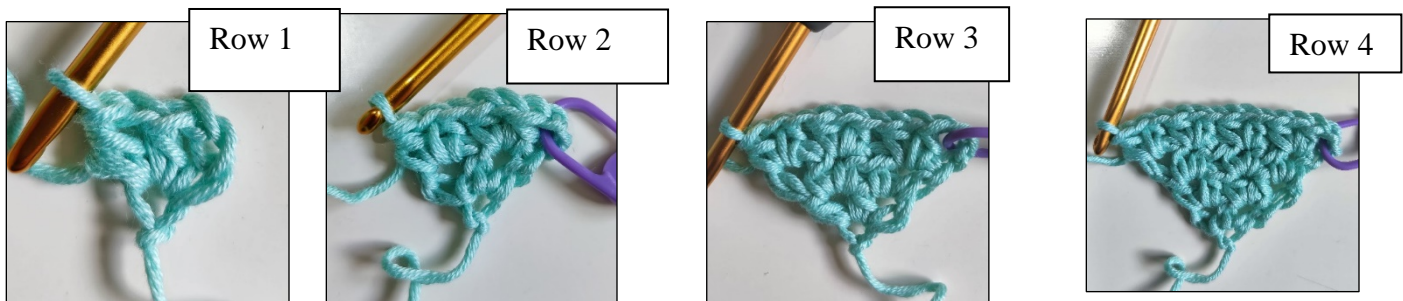
**Row 1:** V-hdc in 4th ch from hook, turn.

**Row 2:** ch3-PM, skip 1st hdc, V-hdc in next ch-1, skip next hdc, V-hdc in ch-3, turn.

**Row 3:** ch3-PM, skip 1st hdc, V-hdc in next ch-1. Skip next 2 hdc, V-hdc in next ch-1, skip next hdc, V-hdc in ch-3, turn.

**Row 4:** ch3-PM, skip 1st hdc, V-hdc in next ch-1. \* Skip next 2 hdc, V-hdc in next ch-1; repeat from \* to ch-3 sp, V-hdc in ch-3, turn.

**Repeat row 4 until the side of the triangle measures 6.5in (16.5cm), or until your desired length.**



**Repeat row 4 until the side of the triangle measures 6.5in (16.5cm), or until your desired length.**

**When you reach the desired length, start decreasing:** \*\* Place the stitch marker at the beginning of each ch2 so you can easily find it for the decrease stitch.

**Row 5:** ch2-PM, skip 1st hdc, 1hdc in next ch-1. \* Skip next 2 hdc, V-hdc next ch-1; repeat from \* to last V-hdc, hdc2tog in last ch-1 & ch-3, turn.



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**Row 6:** ch2-PM, skip next hdc2tog & hdc, V-hdc in next ch-1.

\* Skip next 2 hdc, V-hdc in next ch-1; repeat from \* to **last V-hdc**, hdc2tog in last ch-1 & ch-2, turn.

**Continue working row 6 until you have only one V-hdc stitch in your row (total of 4 sts + ch2).**

**Row 7:** ch1, skip next hdc2tog & hdc, ss in next ch-1.

Fasten off, soak and block if needed.

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### **Do you Have Pool Noodles to Spare?**



Pool noodles can be cut to make excellent fidget/stress items for fidget muffs or mats.

Just **CAREFULLY** cut the noodle into roughly 2" lengths with a sharp knife or good scissors...not your **GOOD** sewing scissors, but good scissors!

Thanks **Sheddy R.** for this creative suggestion!

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**Something I saw on social media. I laughed...hope you laugh today too!**



**From the Heart Local Group Times**

**Times Are Subject to Change – Check Before You Go**

**October 2024**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>1</b></p> <ul style="list-style-type: none"> <li>• Chesterfield Heights. Comm. Ctr 2:00- 3:30 p</li> <li>• Hanover Fiber Arts, Atlee Library, 1:00– 4:00 p</li> <li>• Southside RVA Stitchers 6:30-8:00 p</li> <li>• Stitchin' in the Stacks, Heritage Public Library, New Kent, 2:00 p</li> <li>• Violet Bank Stitchers, 10 a – noon</li> <li>• Yarn Buddies 12651 Three Chopt Road 11:00 am – Community Ctr</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• Colonial Heights Senior Ctr 8:30am-noon</li> <li>• Colony Critters, Patriot's Colony, Williamsburg 1:30 p</li> <li>• Dawn Library 2:30 – 4:30p</li> <li>• McKenney Library 3:00 – 5:00 p</li> <li>• Spring Arbor Sr. Living 1:30 p</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>• Verena at the Glen 3:00 p</li> <li>• Hopewell Happy Caps, 10 a- noon</li> <li>• Glen Allen Library Group, 1 – 3:00p</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• Five Rivers Fiber Guild Heathsville. 10 a – noon</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>• Atlee Angels Legacy Park 1-3pm</li> </ul>
<p><b>6</b></p>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• Stonebridge Rec. Ctr. 10 a–1 p (must call to confirm first)</li> <li>• Gayton Kirk K/C, Gayton Kirk Church 7 p</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• Chesterfield Heights. Comm. Ctr 2:00- 3:30 p</li> <li>• Violet Bank Stitchers, 10 a – noon</li> <li>• Southside RVA Stitchers 6:30-8:00 p</li> <li>• Fredericksburg Workshop Open -10:00 a – 1:00 p</li> <li>• Hopewell Helpful Hearts 5:30 – 7:30 pm</li> <li>• Yarn Buddies 12651 Three Chopt Road 11:00 am – Community Ctr.</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• Colonial Heights Senior Ctr 8:30am-noon</li> <li>• Spring Arbor Sr. Living 1:30 p</li> <li>• Dawn Library 2:30 – 4:30 p</li> <li>• Dinwiddie Library 1:00-3:00p</li> <li>• Elmcroft Retirement 1:30 pm</li> <li>• Chesterfield Needlework Friends Central Library 1pm – 2:30 pm</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• Verena at the Glen – 3:00p</li> <li>• Glen Allen Library Group, 1 – 3:00 p</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• Five Rivers Fiber Guild Heathsville. 10 am – noon</li> <li>• Kay's Krafters 1-5 p</li> <li>• Knitwickers, Newfound Church of Christ 10 a- noon</li> <li>• Twin Hickory Clubhouse Group, 10:30 a – noon</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>• Louisa Hardees <b>10am - noon</b></li> </ul>
<p><b>13</b></p>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• Stonebridge Rec. Ctr. 10 a–1 p (must call to confirm first)</li> <li>• Gayton Kirk K/C, Gayton Kirk Church 7 p</li> <li>• From the Heart Quilters Quilter's Corner in Sycamore Sq. 10:00 a - 12:30 p</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• Chesterfield Heights Comm. Ctr 2:00- 3:30 p</li> <li>• Violet Bank Stitchers, 10 a – noon</li> <li>• Southside RVA Stitchers 6:30-8:00 p</li> <li>• Hanover Fiber Arts, Atlee Library, 1:00– 4:00 p</li> <li>• Yarn Buddies 12651 Three Chopt Road 11:00 am – Community Ctr.</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Colonial Heights Senior Ctr 8:30 am-noon</li> <li>• Spring Arbor Sr. Living 1:30 pm</li> <li>• Dawn Library 2:30 – 4:30 pm</li> <li>• McKenney Library 3:00 – 5:00 p</li> <li>• Stitchin' in the Stacks, Heritage Library, Charles City Branch – 2:00 pm.</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• Verena at the Glen-3:00 p</li> <li>• Hopewell Happy Caps, 10am- noon</li> <li>• Glen Allen Library Group, 1 – 3:00 p</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• Five Rivers Fiber Guild Heathsville. 10 a – noon</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>• Atlee Angels, Legacy Park, 1 – 3pm</li> </ul>
<p><b>20</b></p>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>• Gayton Kirk K/C, Gayton Kirk Church 7 p</li> <li>• Stonebridge Rec. Ctr. 10:00 to 1:00p (must call to confirm first)</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>• Chesterfield Heights Comm. Ctr 2:00- 3:30 p</li> <li>• Chesterfield Needlework Friends, Central Library 1:00 – 2:30 p</li> <li>• Violet Bank Stitchers, 10 a – noon</li> <li>• Southside RVA Stitchers 6:30-8:00 p</li> <li>• Hopewell Helpful Hearts 5:30 – 7:30 pm</li> <li>• Fredericksburg Workshop Open -10:00 a – 1:00 p</li> <li>• Yarn Buddies 12651 Three Chopt Road 11:00 am – Community Ctr.</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>• Colonial Heights Senior Ctr 8:30 am-noon</li> <li>• Spring Arbor Sr. Living 1:30 pm</li> <li>• Dawn Library 2:30 – 4:30 pm</li> <li>• Dinwiddie Library 1:00-3:00p</li> <li>• Elmcroft Retirement 1:30p</li> <li>• Chesterfield Needlework Friends Central Library 1pm – 2:30 pm</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• Verena at the Glen – 3:00 p</li> <li>• Glen Allen Library Group, 1 – 3:00 p</li> <li>• Summerhill Retirement Ctr 1:30 – 3:30 p</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• Five Rivers Fiber Guild Heathsville. 10 a – noon</li> <li>• Twin Hickory Clubhouse Group - 10:30 a – 12:30 p</li> </ul>	<p><b>26</b></p>
<p><b>28</b></p>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>• Gayton Kirk K/C, Gayton Kirk Church 7 p</li> <li>• Stonebridge Rec. Ctr. 10:00 to 1:00p (must call to confirm first)</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>• Chesterfield Heights. Comm. Ctr 2:00- 3:30 p</li> <li>• Southside RVA Stitchers 6:30-8:00 p</li> <li>• Violet Bank Stitchers, 10 a – noon</li> <li>• Yarn Buddies 12651 Three Chopt Road 11:00 am – Community Ctr</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>• Colonial Heights Senior Ctr 8:30 am-noon</li> <li>• Dawn Library 2:30 – 4:30 pm</li> <li>• Spring Arbor Sr. Living 1:30 pm</li> </ul>			

	Address	City	Day of Month	Time of Day	Contact
Atlee Angels	Legacy Park Social Ctr Midday Ln	Mechanicsville	Saturday 1 <sup>st</sup> , 3 <sup>rd</sup>	1- 3 pm	Laurie Fuller, 804-467-9109, fullerlc@comcast.net
Chesterfield Heights Comm Ctr	901 Madrona Street	Midlothian	Tuesday, every	2-3:30pm	
Chesterfield Needlework Friends	Central Library, 7051 Lucy Corr Blvd.	Chesterfield	Wednesday, 2 <sup>nd</sup> , 4 <sup>th</sup>	1-2:30pm	
Colonial Heights Sr Ctr	Roanoke Avenue	Colonial Hgts	Wednesday, every	8:30am-noon	Laura Logan 804-526-4202
Colony Critters	Patriot's Colony	Williamsburg	Wednesday 1 <sup>st</sup>	1.30pm	Betsy Ziomek, <a href="mailto:betsyziomek@gmail.com">betsyziomek@gmail.com</a> 804-221-2217
Dawn Library	31046 Richmond Turnpike	Hanover	Wednesday, every	2:30 – 4:30pm	Ann Wade, 804-632-8241
Dinwiddie Designers	Library, 14103 Boydton Plank Rd	Dinwiddie	Wednesday 2 <sup>nd</sup> , 4 <sup>th</sup>	1:00-3:00pm	
Elmcroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 2 <sup>nd</sup> , 4 <sup>th</sup>	1:30pm	Kathleen, 804-327-1990
Five Rivers Fiber Guild	Rice's Hotel/Hughlett's Tavern	Heathsville	Friday, every	10am-noon	Judy Mooers, 804-366-1133, <a href="mailto:jkmooers@aol.com">jkmooers@aol.com</a>
Fredericksburg	1320 Central Park Blvd., #108	Fredericksburg	Tuesday, 2 <sup>nd</sup> , 4 <sup>th</sup>	10:00am- 1:00pm	Sally Moore 540.295.6224, <a href="mailto:slmoorefth@gmail.com">slmoorefth@gmail.com</a>
From the Heart Quilters	Quilter's Corner, Sycamore Square	Midlothian	Monday 1 <sup>st</sup> , 3 <sup>rd</sup>	10:00am -12:30pm.	Betsy Vest. 804-747-0297, <a href="mailto:epvest3@gmail.com">epvest3@gmail.com</a>
Gayton Kirk Knitters/Crocheters	11421 Gayton Rd	Richmond	Monday, every	7pm	
Glen Allen Library Knitting Group	10501 Staples Mill Rd	Glen Allen	Thursday, every	1 – 3:00pm	Barbara Robinson 804-310-3790
Hampton Roads		Virginia Beach			Michelle Sartelle <a href="mailto:Michellesartelle@gmail.com">Michellesartelle@gmail.com</a>
Hanover Fiber Arts	Atlee Library, 9212 Rutlandshire Dr	Mechanicsville	Tuesday 1 <sup>st</sup> , 3 <sup>rd</sup>	1 – 4:00pm	Phaedra Knoller 804-933-0708 Beth Watkins 804-347-9286
Hopewell Happy Caps	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup>	10am-noon	804-458-6329
Hopewell Helpful Hearts	Hopewell Library, 209 E. Cawson St	Hopewell	Tuesday 2 <sup>nd</sup> , 4 <sup>th</sup>	5:30-7:30pm	804-458-6329
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2 <sup>nd</sup>	1-5pm	Deborah Corbett 804-794-1251 <a href="mailto:corbett0@gmail.com">corbett0@gmail.com</a>
Knitwickers, Newfound Church of Christ	14166 Gordon Lane	Glen Allen	Friday, 2 <sup>nd</sup>	10am-noon	Linda Simon, 804-320-0133
Louisa Hardees	881 Jeff Davis Hwy	Louisa	Saturday, 2 <sup>nd</sup>	10am-noon	Pat Gibson 540-872-5524
Mathews Group, A Common Thread	Ch of Francis De Sales, 176 Lovers	Mathews	Wednesday, 1 <sup>st</sup>	10:30am-2:00pm	<b>Not Currently Meeting</b>
McKenney Library Group	Ragsdale Room, McKenney Library	McKenney	Wednesday 1 <sup>st</sup> , 3 <sup>rd</sup>	3:00-5:00pm	804-458-6329
Southside RVA Stitchers	Publix upstairs café, 7045 Forest Hill Ave.	Richmond	Tuesday, every	6:30-8pm	Patricia Selinger 804-467-5699
Spring Arbor Senior Living	9991Ridgefield Parkway	Richmond	Wednesday, every	1:30pm	(804) 754-8700
Stitchin' in the Stacks, Heritage Public Library, Charles City	10790 Courthouse Rd	Charles City	Wednesday, 3 <sup>rd</sup>	2:00pm	Charles City County Library (804) 652-2450 In Person
Stitchin' in the Stacks, Heritage Public Library, New Kent Branch	7791 Invicta Lane	New Kent	Tuesday 1 <sup>st</sup>	2:00pm	Heritage Public Library, 804-966-2480 In Person Mtg.
Stonebridge Recreation Ctr	230 Karl Linn Drive	N. Chesterfield	Monday every	10:00am-1:00pm	<b>Must call Stonebridge Rec. Ctr. To confirm first</b>
Summerhill Retirement Ctr	3158 Lake Village Drive	Richmond	Thursday 4 <sup>th</sup>	1:30-3:30pm	
Twin Hickory Clubhouse Group	4601 Twin Hickory Lake Drive	Glen Allen	Friday 2 <sup>nd</sup> , 4 <sup>th</sup> ,	10:30am-12:30pm	Ginger Todaro <a href="mailto:gbtodaro@gmail.com">gibtodaro@gmail.com</a>
Verena at the Glen	10285 Brook Road	Glen Allen	Thursday, every	3pm Tracy Lonski	Tracy Lonski. 804-261-1100, ext./ 207
Violet Bank Stitchers	Violet Bank Museum, 303 Virginia Ave	Colonial Hgts	Tuesday, every	10a-noon	Wendy Alvis - 804-520-9395
Yarn Buddies for Charity	12651 Three Chopt Road	Henrico	Tuesday, every	11:00 am	Rosa Castrechini – 814-831-6391